

# SOCIAL & THERAPEUTIC MUSIC MAKING

## In-service Days & Workshops

A New Vision of Music for  
Children in Special Needs Education  
and Adults in Community Care



*Tonalis*

Led by Michael Deason-Barrow

TEL/FAX: 01666-890460 [info@tonalismusic.co.uk](mailto:info@tonalismusic.co.uk)

# INTRODUCTION TO TONALIS SOCIAL AND THERAPEUTIC MUSIC MAKING

Music is widely recognised as being of special value for:

1) CREATING COMMUNITY, & 2) Groups of people with 'SPECIAL NEEDS'.

Music is also a wonderful medium for promoting:

- SOCIAL DEVELOPMENT (e.g. learning to mix through shared activities and turn taking)
- PHYSICAL DEVELOPMENT (e.g. Improving motor skills, balance & laterality, etc., through instrumental playing)
  - SELF-EXPRESSION • EMOTIONAL DEVELOPMENT
  - COGNITIVE DEVELOPMENT (e.g. memory skills)

Yet one of the biggest gaps in the provision of Continuing Professional Development in music is the lack of training opportunities for:

1) COMMUNITY MUSICIANS

and

2) PEOPLE WHO WORK MUSICALLY WITH SPECIAL NEEDS GROUPS

in

i) SOCIAL THERAPEUTIC MUSICING / COMMUNITY MUSIC THERAPY  
(i.e. group therapeutic music making in adult contexts)

ii) EDUCATIONAL MUSIC THERAPY  
(i.e. musicing in Special School settings, etc.).

A key goal of TONALIS: CENTRE FOR THE DEVELOPMENT OF MUSIC is to help raise the standards of music making in both the Special Needs sector and community musicing contexts, so that the widely held belief in the importance of music is matched by excellence in its provision.

Thus we are increasingly offering help and advice to:

- SPECIAL NEEDS TEACHERS • COMMUNITY GROUPS • MUSIC THERAPISTS & • CARERS
- through running:
- > In-service Training Days
  - > Weekend Workshops and
  - > 1 Year Music Foundation Trainings (part-time, 30 days)
- which demonstrate

a New Vision of musicing in both Community and Therapeutic contexts.

YOU WILL FIND ALL THESE COURSES WILL OPEN DOORS INTO  
A HUGE NEW TERRITORY OF MUSIC MAKING.

# THEMES FOR IN-SERVICE DAYS & WORKSHOPS

## RENEWING MUSIC AS A COMMUNITY ART

*Tonalis believes in creative participation in music for everyone.*

One of our key goals is to help bring about a flowering of music making in the heart of everyday community life so that the community is placed back at the centre of music making in such a way so that no one has any inhibitions about

- SINGING
- PLAYING AN INSTRUMENT, OR
- CREATING MUSIC.

### 1) Music in the Round

Music is wonderful for creating community and a sense of belonging. However, the social participatory element in music making today is increasingly being pushed aside by the trend for music to serve the individual (as opposed to bringing groups into creative community).

The reality today is that our community consists of people from widely different musical, cultural, ethnic and social backgrounds, who all have varied concepts of what music is. This often results in our preferences for particular musics - (the my music/your music syndrome) - creating boundaries to prevent us meeting.

*This inservice day will ask:*

"is our definition of singing and choir music too narrow for many people in our multi-cultural community to be able to relate to it?",  
and

will demonstrate how to build bridges between followers of different musical traditions.

*'MUSIC IN THE ROUND' will introduce participants to*

HOW COMMUNITY VALUES CAN INFORM A NEW ART OF MUSIC MAKING  
THAT CALLS US INTO RELATIONSHIP AS CO-CREATORS.

Each session will begin with musical circle activities that develop a sense of trust, cohesion and belonging, namely an experience of being listened to and responded to.

There will be loads of singing and instrumental playing using a stunning array of music that will demonstrate how a wider section of society can make music together which is both technically accessible and musically profound.

N.B. All this music making can involve participants with different levels of vocal/musical skills.

## 2) Give Voice to Community

### How to Create Community through Singing

Musicians have always perceived the harmonising potential of singing as an instrument of communion. Our singing voice is the one musical instrument we all share in common. Thus it provides us with a wonderful way of getting in touch with each other and a unique community asset.

During this In-service day Michael will help everyone free their voices and introduce you to the amazing and diverse ways people weave their voices together in choral music from all times and places (which participants find incredibly uplifting).

In particular, Michael will introduce you to many different forms of part singing found all over the world today which mirror the different ways communities live together, from Drones → Call & Response → Interlocking Rhythmic Chants → Heterophony.

*Through singing such glorious music*

*'Give Voice to Community' will give you the inspiration to help create  
New Community Choirs for the 21st Century.*

*N.B. For both 'Music in the Round' and 'Giving Voice to Community' we will:*

#### **Co-Create Music in the Space Between I and You**

using improvisation to bring about new ways of listening and attuning to each other. Thus you will have a wonderful opportunity to explore how co-creating music can help both our clients and ourselves *Reach Out* → *Contact* → *Dialogue* and *Meet* in the space between *I and You*, so that we discover a new sense of creating and 'becoming' together.

## 3) NEW INSTRUMENTS

### FOR I) MUSIC THERAPY AND II) COMMUNITY MUSICING

This theme invites you to explore the stunning new therapeutic, sacred and community music instruments Tonalis uses. These deeply musical instruments have been specifically designed to be technically accessible to non-specialist mixed ability players and 'special needs' groups.

The instruments - made predominantly by Anthroposophically inspired makers -

e.g. CHOROI and MANFRED BLEFFERT

include new forms of:

- *percussion* • *gongs* • *lyres* • *harps* • *flutes* and • *bowed instruments, etc.*

# MUSIC AS A THERAPEUTIC ART

## 4) New Anthroposophical Approaches to Music Therapy

During the last 20 years many innovative inspirational pioneers have researched and developed new approaches to Music Therapy in the realms of:

- Special Education
- Musical Principles in Physiology.
- The Development of Therapeutic Instruments and
- Singing Therapy

*These pioneers include:*

- *H.Ruland* - who researched the evolution of consciousness in relationship to music, as well as questions pertaining to tuning and music therapy
- *N.Visser* - who developed the Choroi instrument making impulse
- *Dr.A.Huseman* - who wrote the ground breaking book on 'Musical Principles in Physiology'
- *V.Werbeck Svärdström* - who was asked by Rudolf Steiner to create a new school of singing to encompass spiritual and therapeutic perspectives.

*N.B. The work of each of these pioneers will be introduced to you during this day.*

## 5) The Harmony of the Human Being Musical Principles in Physiology

*"You know, the greatest mystery of all is that we are made of music."* (P.Nordoff)

We say that our health is sound when our

**i) PHYSICAL BODY, ii) LIFE FORCES, iii) SOUL LIFE, iv) THINKING, & v) HIGHER SELF/SPIRIT** interact with each other in a rich exchange. Illness, on the other hand, arises when this balance is disturbed through any one-sidedness which results in the Harmony of the Human Being becoming out of tune. Therapeutic Musicing is about learning how to bring balance to any such one-sidedness.

*This In-service Day offers participants the opportunity to explore:*

- ◆ the deep objective laws that underlie sound and the elements of music
- ◆ new research into the connection of music and the human being, (including how music relates to our 4-FOLD BEING, see above).

## 6) Music in Curative Education

'EDUCATIONAL MUSIC THERAPY' explores the overlap between Music Therapy and Music Education in Special Schools, namely, how music pedagogy can be deepened by therapeutic elements.

A recent report on the 'Provision of Music in Special Education' - (PROMISE) - identified that over half the music co-ordinators in special education have no qualification in music, music education, or music therapy.

In the light of the above, this in-service day offers you the opportunity to explore new research and practices connected to music education in group contexts for children with:

- *Emotional and Behavioural Problems*
- *Specific Learning Disabilities (e.g. Dyslexia)*
- *Physical Difficulties*
- *Autism &*
- *Downs Syndrome, etc.*

## 7) Social Therapeutic Musicing

*Explore how to link • SOCIAL • THERAPEUTIC and • MUSICAL realms.*

Group work with music is not 'music therapy' as such, but therapeutic elements and insights can inform this work.

This theme investigates how music as an interactive medium can be used to help transform the social isolation and estrangement from the world many people feel, isolated as they often are by physical handicap or emotional pain, etc. The social implications of listening in 'Social Therapeutic Musicing' means that music can be a wonderful means of helping these people contact

THE HEALING NATURE OF COMMUNITY.

In particular we will explore how therapeutic music making with groups can help people develop an experience of trust, belonging and being listened to.

## 8) SEASONS AND FESTIVALS IN MUSIC

Music throughout the world has traditionally been used to help people connect to, celebrate and live in harmony with the deeper meaning of each season and sacred festival. Likewise schools and communities often create festivals, not only to celebrate the seasons, but to celebrate the life of their community.

This theme will explore together with you how to help the whole community (e.g. co-workers, teachers and children, etc.) enter into these special times through investigating how we can meet the mood of each season/festival with corresponding qualities in music so that the spirit of these times becomes audible.

We will explore how the songs and instrumental pieces we will sing /play give voice to the soundscape of the season - or festival - through linking the cycle of the year with the use of specific musical elements, e.g.

- INSTRUMENTS • SCALES • MODES • TUNINGS
- HARMONIES • INTERVALS AND • RHYTHMS.

We will also explore how we can IMPROVISE MUSIC FOR EACH FESTIVAL based on simple but profound musical structures - e.g. a particular scale.

# WHO ARE THE IN-SERVICE DAYS/WORKSHOPS FOR?

Our In-service Days/Workshops Address a Wide Variety of Clients Needs and are appropriate for people with ALL levels of musical experience.

## **N.B. TONALIS IN-SERVICE DAYS CAN BE DESIGNED IN 2 DIFFERENT WAYS:**

### **1) AS COMMUNITY BUILDING AND UPLIFTING DAYS FOR NON-SPECIALISTS, e.g. • Carers • Community Members and • Generalist Teachers.**

For these community building in-service days, Michael brings the message that everyone has a singer and musician inside them. N.B. The music/songs you will sing and play is carefully chosen to inspire and give confidence to people of all abilities.

### **2) AS CONTINUING PROFESSIONAL DEVELOPMENT DAYS FOR SPECIALISTS, e.g. • Teachers • Community Musicians • Choir Leaders • Music Therapists • Art Therapists • Doctors and • Health Professionals.**

Tonalis In-service Days offer Specialists new perspectives to deepen/develop their work  
e.g: • New Instruments for Community and Therapeutic praxis and  
• New Anthroposophical Approaches to Music Therapy, etc.

*Participants find that Tonalis In-service days offer a balance of*  
• practical • creative and • informative teaching, with plenty of new ideas to encourage social, creative and therapeutic musicing. Above all they are designed to be uplifting community building days that provide doorways into Music as a Healing Art.

## TESTIMONIALS

As a music therapist I am impressed at the sensitive and original investigation Tonalis gives to music. Its perspective is important for anyone concerned with the therapeutic use of music.

**Dr. Gary Ansdell - Head of Research at the Nordoff-Robbins Music Therapy Training**

The new music impulses inspired by Anthroposophy offer new insights to people who work in music therapy and music education. We highly recommend working with Michael Deason-Barrow, who is sharing this work in such a profound and artistic way.

**Werner Barfod - former Head of the Performing Arts Section at the Goetheanum, Dornach**  
**Michael Kurtz - Responsible for Music in the Section, Dornach, Switzerland**

What Tonalis achieves cuts through the inhibitions and prejudices which so negatively affect music making and restores the magic and humanity of real musical experience based in social interaction.

**Nicholas Bannan - Lecturer in Music Education at the University of Western Australia**



## MICHAEL DEASON-BARROW - DIRECTOR OF TONALIS -

has taught at all levels from Universities and Schools, to Music Therapist in Special Needs Education. In 2005 he was invited to speak at the inaugural symposium on 'Community Music Therapy' at the Birmingham Conservatoire of Music. Last summer he led an In-service day at the Nordoff Robins Music Therapy Training and conducted a choir of 250 singers in a concert of sacred choral music in Gloucester Cathedral as part of the '3 Choirs', the world's most celebrated choral festival. Increasingly he is being recognised for being that rare exponent in music, a specialist equally at home with teaching professionals and non-specialists alike.

## TONALIS: CENTRE FOR THE DEVELOPMENT OF MUSIC

Tonalis -(which means to tone or to tune) - was founded in 1991 to offer a new vision of music to people searching for a deeper understanding and experience of music.

*All Tonalis Courses have been created in response to the questions:*

how well equipped are today's musicians/teachers to meet the needs of our time, and how can we provide them with the necessary resources to meet these needs?

Our holistic approach takes into account all the latest advances in musical research, and is also informed by Therapeutic, Metaphysical and Global perspectives, etc.

We offer Trainings, Courses and In-service Days connected to the following themes:

- *Singing with the Whole Voice* • *Music Education* • *Community Musicing*
- *Music as a Sacred Practice* • *Music as a Therapeutic Art* & • *Choir Leading.*

## BOOKING

If you are interested in a Tonalis Training Day/Workshop you can book Michael for any of the following: 1 → 1½ → 2 days.

His daily fee is £330 → £375 (depending on geographical location)  
+ travel expenses & accommodation if necessary.

Please choose from any 'one' of the themes listed below. (N.B. 1 theme/day only).

- **Music in the Round** • **Give Voice to Community** • **New Therapeutic Instruments**
  - **New Anthroposophical Approaches to Music Therapy**
- **The Harmony of the Human Being** • **Social Therapeutic Musicing**
  - **Music in Curative Education** • **Seasons and Festivals in Music**

*We hope you will feel excited about introducing Tonalis In-Service Days to your colleagues and feel confident that participants will return to their work both renewed and inspired.*

For further enquiries, please contact the Tonalis office:

4 CASTLE FARM CLOSE, LEIGHTERTON, GLOS GL8 8UY  
TEL/FAX: 01666-890460 INFO@TONALISMUSIC.CO.UK